Posterior Abdominal Muscles

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| Quadratus Lumborum |  |
|  | O: 12th rib & transverse processes T12-L5  I: iliac fossa, posterior iliac crest  N: T12-L4  A: 1. Contracts 12th rib to iliac crest  2. extension: both sides  3. bending: one side  Blood Supply: Lumbar arteries & lumbar branch of iliolumbar a. |
| Psoas Major |  |
|  | O: Lumbar vertebrae, transverse processes & IVdiscs T12-L5  I: Lesser trochanter  N: Ventral Rami L1-L3  A: Flexes hip  Blood supply: Lumbar branch of iliolumbar a. |
| Psoas Minor |  |
|  | O: T12- L1  I: Pectinate Line  N: Lumbar plexus  A: flexes lumbar vertebrae  \*absent in 40% |
| Iliacus |  |
|  | O: superior 2/3 of iliac fossa, ala of sacrum, anterior sacroiliac ligament  I: Lesser trochanter  N: Femoral L2-L4  A: flexes Hip  Blood supply: medial femoral circumflex, iliolumbar a. (iliac branch) |
| Iliopsoas |  |
|  | Psoas Major & Iliacus  \*\*chief flexor of the hip/thigh  iliopsoas test- indicator of appendicitis |